

GETTING BACK ON TRACK
SENATORS GM HAS ONE GOAL {page 20}

NO PIE FOR YOU!
LIFE OF PIE: GET 'EM BEFORE THEY'RE GONE
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I WON'T
NOT GOING TO PUT A RING ON IT
SCENE {page 10}



OTTAWA metro®
Tuesday, January 25, 2011
www.metronews.ca
News worth sharing.

More questions than answers

Elderly man killed in house fire that started in basement Firefighters were forced to extinguish fire from outside after main floor collapsed into basement

MIKE CARROCCETTO/FOR METRO



▶ Firefighters battle a fatal west-end fire that killed 88-year-old Antonio Montenegrino and destroyed the elderly man's home at 12 Pratt Ave. late Sunday night in Nepean at the corner of Pratt and Grenfell Crescent. The fire was one of three around the city that Ottawa firefighters were called upon to combat Sunday.



JOE LOFARO
OTTAWA@METRONEWS.CA

Ottawa Fire Services say the lack of nearby fire hydrants did not play a role in the house-fire death of an 88-year-old man, who family identified as Antonio Montenegrino.

The nearest hydrant from the Pratt Avenue bungalow was blocks away so firefighters had to connect 2,200 feet of fire hose to begin extinguishing the fire.

"It doesn't take very long to set something like that up. It's a matter of minutes," said Messier.

Montenegrino, who immigrated to Canada decades ago from his native Calabria, Italy, is survived by five sons and 12 grandchildren.

"It's a really tough time right now," said his youngest son, Emanuel, 55.

The cause of the fire is still under investigation.

Moscow

Terminal turns into bloodbath

Suicide bomber blows himself up at Moscow airport Arrivals gate becomes blood-splattered hall of dismembered bodies Dozens killed {page 4}

The boys are back for another hangover



Where Hollywood will take you in 2011 {page 9}

OSAP: There's an app for it

Track your loans, the tech-savvy way {page 3}

Imagine life, blindfolded

Documentary sheds light on losing vision {page 13}



NEW YEAR, NEW BEGINNING!
FEBRUARY CLASSES

Paralegal

Part time evening program now available!

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada.**

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Afternoon Class Starts in February!

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



Personal Support Worker

Part time evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

NEW program

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

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The objective of this program is to train you in the practices of financial accounting and payroll in Canada.
This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world!

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Students can now app-ly themselves

New app lets students know how much OSAP is coming and when

STEVE COLLINS
OTTAWA@METRONEWS.CA

OSAP? There's an app for that.

A new mobile phone application gives students up-to-date information on their loans.

Ontario's minister of Training, Colleges and Universities, John Milloy, and Ottawa Centre MPP Yasir Naqvi introduced the new app at Carleton University yesterday.

"Students want information in real time," Naqvi said.

"One of the biggest frustrations we have is government is slow, that government doesn't respond to my needs, and if we can really start working on that, it's important, and that's what this app is doing."

OSAP

The Ontario government touted several recent changes to student financial assistance rules:

- OSAP applications available earlier this year, on Feb. 1.
- Loan repayment assistance geared to income and debts forgiven after 15 years.
- No payments or interest on student loans for six months after graduation.
- Increased allowances for textbooks, supplies and equipment.

$1.6B

Total new provincial government spending on student financial assistance over the past six years.

STEVE COLLINS/FOR METRO



▶ Dina Skirsky of the Carleton University Student Assocation, Minister of Training, College and Universities John Milloy and Ottawa Centre MPP Yasir Naqvi fire up their smartphones to test-drive the new app.

Today's the big day for local DJ

JOE LOFARO/FOR METRO



▶ Hot 89.9's Jeff Mauler with Mayor Jim Watson.

Mayor Jim Watson said Jeff Mauler's appearance on ABC's Live with Regis and Kelly provides a "sense of pride for Ottawa," after visiting the Hot 89.9 studio yesterday.

The mayor congratulated the Ottawa-raised co-host and officially proclaimed Jan. 25 as Kelly Ripa and Jeff Mauler Day in the city of Ottawa.

Mauler is the only Canadian contestant to win a spot on the live show this week and is scheduled to co-host this morning alongside Ripa. Mauler said he will bring Ripa an Ottawa Senators jersey and some maple syrup products.

JOE LOFARO

News in brief

Teen found with friends

MISSING. Ottawa police located a missing teenager Sunday evening. When Angela Horrigan, 15, didn't return to return home from her west-end high school Friday, police asked the public for help finding her and circulated her photo to media. Sgt. Mark Houldsworth said she was found in good health and with friends.

STEVE COLLINS

OxyContin, cocaine seized

BUST. Ottawa and OPP officers seized about $500,000 worth of cocaine, OxyContin, marijuana and cash in a drug bust Friday.

Police searched three locations after stopping a vehicle on Highway 417 near Boundary Road. Four people were arrested.

METRO

1 news

Umbro deal great news for Canadian soccer, but real reform is needed. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Are inflation-related problems coming sooner than expected? Allan Small has more at metronews.ca/investing.



ROAD SAFETY

Lawmakers to walkers: Lend me one ear

Lawmakers in at least two U.S. states are looking to pull the plug on texting pedestrians and iPod-obsessed runners, claiming their diverted attention borders on disaster.

Lawmakers in Arkansas and New York have proposed restrictions on using cellphones and music players such as iPods by people running and walking on the street or sidewalk.

The proposal in Arkansas would ban pedestrians from wearing headphones in both ears while on, parallel to or adjacent to a street, road, intersection or highway. The measure also applies to runners and cyclists and would allow pedestrians to wear headphones in one ear.

THE ASSOCIATED PRESS

Bomber kills 35 in Russian airport

IVAN SEKRETAREV/THE ASSOCIATED PRESS



▶ Artyom Zhilenkov, a 35-year-old driver, speaks after the blast at Domodedovo airport in Moscow, yesterday. "The guy standing next to me was torn to pieces," he said. Zhilenkov was splattered by other victims' flesh and blood.

Head of suspected terrorist was found, says local news agency

Terrorists struck again in the heart of Russia, with a suicide bomber blowing himself up in Moscow's busiest airport and turning its international arrivals terminal into a smoky, blood-spattered hall of dismembered bodies, screaming survivors and abandoned suitcases.

No one claimed responsibility for the blast at Domodedovo Airport yesterday that also wounded 180 people, although Islamic militants in the southern Russian region of Chechnya have been blamed for previous attacks in Moscow, including a double suicide bombing on the capital's subway system in March 2010 that resulted in 40 deaths.

Yesterday's attack was most likely carried out by a suicide bomber and "attempts were being made to identify him," Investigative Committee spokesman Vladimir Markin said.

President Dmitry Medvedev called it a terrorist attack and immediately tightened security at Moscow's two other commercial airports and other key transportation facilities.

"Terrorists simply do not give up when one avenue is closed, and that's why I say, we make one mistake and a terrorist might be successful."
VIC TOEWS,
PUBLIC SAFETY MINISTER

Foreign Affairs Minister Lawrence Cannon issued a strong condemnation of the attack.

He offered condolences to the families of those affected, adding he was not aware of any Canadians killed or injured in the blast.

"We condemn these cowardly acts of terrorism," Cannon said in the statement.

THE ASSOCIATED PRESS

Bomb blast reactions

Terrorists from Russia's restive North Caucasus: What kind of objectives do they have and can those objectives be achieved? ANDREI SVITAILO, AT MOSCOW'S DOMODEDOVO AIRPORT



Olga
35, HOUSEWIFE
"Terrorists are striving for the elimination of Russians and our country, but this will never happen for them!"



Tatiana
34, ECONOMIST
"These people are psychologically ill — they should be treated. I think they won't achieve their goals, even though loss of lives will be inevitable."



Maxim
22, STUDENT
"I reckon that this is not about terrorists. It is completely plausible that the problem is within the country, that it is intrinsic to Russia."



Ilkham
47, BUSINESSMAN
"The forces that govern these terrorists are clearly motivated by money. I don't think that any country is sponsoring them in any way. I believe it's the West."



Victor
62, TEACHER
"Terrorists need money from our government, even though we pump so much funds into the Caucasus region for development. The result of that is plain to see."

Woman 'sorry' for kidnapping

A North Carolina woman who raised a child snatched from a New York hospital more than two decades ago has admitted kidnapping the baby after her own attempts to have children failed, saying in a statement she was "truly sorry," the FBI said in court papers yesterday.

Ann Pettway confessed to taking the baby in early August 1987 from Harlem Hospital during an interview Sunday after she surrendered to the FBI and Bridgeport, Conn., police, a criminal complaint prepared by FBI Agent Maria Johnson said. Pettway surrendered days after a widely publicized reunion between the child she raised — now 23-year-old Carlina White — and her biological mother.

Pettway said she had had difficulty having her own children in the 1980s, was dealing with the stress of trying to be a mother and had suffered several miscarriages, Johnson said.

THE ASSOCIATED PRESS

Cheeky monkey on the loose

A marauding monkey that terrorized resort towns in central Japan last year by biting nearly 120 people has escaped captivity.

The fugitive monkey, known as Lucky, has proved a tough catch in the past, avoiding citywide monkey hunts during its previous two month biting spree.

THE ASSOCIATED PRESS

Woman survives fall from building

Witnesses say they saw a woman throw herself from the 23rd storey of a Buenos Aires hotel yesterday and survive.

The woman landed in a sitting position on the roof of a taxi whose driver got out just before the impact deeply dented his roof and shattered the windshield.

THE ASSOCIATED PRESS



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RioCan, Tanger to build malls

Outlet shopping centres unique in the country, RioCan CEO says U.S. chains seek growth in Canada

The country's largest retail landlord is teaming with a U.S. firm on a $1-billion plan to develop 10 to 15 outlet shopping centres across Canada.

The joint venture would be owned 50-50 by Toronto-based RioCan Real Estate Investment Trust and Tanger Factory Outlet Centers Inc. of Greensboro, N.C. The properties would be branded as Tanger Outlet Centers.

33
The number of outlet malls Tanger runs in 22 U.S. states, drawing 150 million shoppers each year.

"This property type will be unique in Canada," RioCan CEO Edward Sonshine said.

RioCan has ownership interest in 296 retail properties, including 10 under development.

It is also the largest landlord to Zellers stores, and said this month it hopes to land several Target stores as tenants when the U.S. discount retailer enters Canada over the next few years.

THE CANADIAN PRESS

Listing. Apps



▶ Student developer Tony Brown's apps, NearBuy and Newsy, lets house searchers browse real estate listings in their area.

PATRICK T. FALLON/THE ASSOCIATED PRESS

Doing his homework

Google CEO cashes out

Google Inc. has awarded $100 million worth of equity to retiring Eric Schmidt.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar
+ 89.01 (13,347.58)	+ 0.08¢ (100.54¢ US)

Oil	Natural gas 1,000 cu ft
— $1.24 US ($87.87 US)	$4.650 (+ 7.4¢) Gold contracts $1,344.50 (+ $3.50)



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DEALING WITH HIGH-MAINTENANCE MEN

She says ...

JESSICA NAPIER



In all my years as a shopper, and trust me there have been a lot of them, I have always wondered why women insist on dragging their husbands and boyfriends to the mall.

I feel such pity for the obviously bored significant others who try not to fall asleep as they wait patiently outside the fitting room.

However, on a recent mall outing my pity turned into true empathy as I found myself parked in a leather armchair for more than an hour watching my boyfriend try on suits. As he obsessed over sleeve length and stitching I thought to myself, hang on a minute — wasn't it my job to be the best dressed person in this relationship?

Blame it on GQ or the Mad Men phenomenon, but it seems that a growing number of young men are suiting up in the name of style.

These Don Draper wannabes aren't just dressing the part; fitness fanatics are crowding gyms in search of washboard abs and male-only spas are popping up to wax, buff and pamper an evolving breed of guys who actually care (a lot) about grooming.

And, sure, it's nice to have a mate who takes care of himself, but when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic.

"... when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic."

So how do you know if you've partnered up with a high-maintenance man?

He orders salad instead of frites with his steak and never misses a workout. He has a close shave, white teeth and perfectly manicured nails. His shoes are definitely more expensive than yours and I won't even get into his below the belt "manscaping."

But do women really want these dapper gents with their perfectly coiffed hair and wrinkle-free suits or would they prefer a mate who's more easy going and, dare I say it, a bit more manly? Watching a body conscious prima donna spend hours in front of the mirror whining about his BMI can be a serious turnoff.

Men always claim they love a girl in "jeans and a T-shirt" and guess what fellas, so do we.

So why not forgo the three-piece in favour of some denim, grow out that ruggedly handsome facial hair and remember how good it feels to say yes to the question, "Do you want fries with that?"

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Games that people play

Letters & Tweets

We asked: What's your favourite video game?

@megelizah: legend of zelda: ocarina of time. The game that drove me to get a triforce tattoo.
@JamieTheJedi: Chrono Trigger for SNES. Amazing RPG that still stands up after 15 years.
@m_brand: lots of great characters but the edge has to go to Leisure Suit Larry.
@Netherlandy: best video game EVER: Conker's Bad Fur Day for N64. innuendo, swearing, pop culture references and very playable!
@StuartParsons: Gran Turismo 1, 2, 3, 4, and 5 hands down. The only real racing simulator. If you've never played, get on it.
@ehmay: Kirby! That thing can eat everything and still stays cuddly. When I do that I just gain 20 pounds!
@StephaniePelley: My picks would have to be Link (Zelda series), Tifa Lockheart (FF7), Samus (Metroid Series).
@JustMeRicky: Second Life. Reason? Endless possibilities.
@ebarbaric: Game would have to be COD: Modern Warfare 2 and character clearly and definitely Kratos from God of War series.
@dantric: Favourite game up to now ... God of War ... any of them. Favourite character up to now. John Marsden from Red Dead Redemption.

Engrossed

TORSTAR NEWS SERVICE FILE



What was the best concert you saw in 2010?

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Metro Minute at Jenny's House Of Joy

Can't afford to book a ticket south and escape the winter?

Escape through the magic of theatre to a steamy, sassy comedy set in a bordello in the American Midwest in the 1870s by booking a ticket to the Kanata Theatre's production of Norm Foster's Jenny's House Of Joy. The show runs at the Ron Maslin Playhouse from Feb. 1-5 and 8-12 with an 8 p.m. start for all shows. Tickets can be purchased anytime by phone (613-831-4435) or at the theatre between 5-7 p.m. Monday to Friday and between 10 a.m. and noon on Saturday. Tickets are $15 each, $12 each for groups of 10 or more, or $5 each for students after 5 p.m. on the day of the performance.

METRO

CONTRIBUTED



▶ The Kanata Theatre presents Norm Foster's Jenny's House Of Joy.

What Hollywood has to offer in 2011

There are plenty of options out there for filmgoers ◗ Superhero movies aren't going away anytime soon ◗ Tinsel town also shows its love of sequels, animated films, 3-D and aliens


NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

With 2010 behind us, and the Oscars and the Razzies getting ready to sort out the best and the worst from last year, it's time to look ahead at what we're excited about for 2011. So what's on tap? For one thing you can expect more comic book adaptations, with Marvel putting two more parts of its eventual Avengers movie out into the world. But more than anything else, 2011 looks to be filled with the ghosts of franchises past, with a dizzying number of sequels ready for release.

For the fanboys

While superheroes will be out in force with Thor (May 6), X-Men: First Class (June 3), The Green Lantern (June 17) and Captain America: The First Avenger (July 22), the most exciting comics-to-screen jump is Cowboys and Aliens (July 29), starring Harrison Ford and Daniel Craig as, well, cowboys. Fighting aliens. What's not to love? And speaking of aliens, the Comic-Con crowd gets to cheer itself on in Paul (March 18), in which Shaun of the Dead stars Simon Pegg and Nick Frost come across an extra terrestrial (voiced by Seth Rogen) on their way to the annual San Diego geek-fest.

For the fangirls

After 300 and The Watchmen, director Zack Snyder is letting the girls in on the action with Sucker Punch (March 25), about a group of young women (Vanessa Hudgens, Jenna Malone, Abbie Cornish) in a mental hospital who escape to a fantasy world filled with guns, explosions and mind-bending effects.

For fans of the familiar


▶ The guys from The Hangover are back for another adventure.

The sheer number of sequels coming out in the next 12 months is dizzying: Scream 4 (April 15), Pirates of the Caribbean: On Stranger Tides (May 20), The Hangover 2 (May 26), Kung Fu Panda 2 (May 27), Cars 2 (June 24), Transformers: Dark of the Moon (July 1), Spy Kids 4: All the Time in the World (August 19), Final Destination 5 (August 26), Piranha 3-DD (September 16), Paranormal Activity 3 (October 21), Happy Feet 2 (November 18), Mission Impossible: Ghost Protocol, another Sherlock Holmes movie (December 16) and A Very Harold & Kumar Christmas (December 23). Of course, the most attention will be on the finale that is Harry Potter and The Deathly Hallows — Part 2 (July 15) and the beginning of the end of the Twilight series, The Twilight Saga: Breaking Dawn — Part 1 (November 18).


▶ The Smurfs come to the big screen in August.

For the kids

The new year has some high-quality kids entertainment on tap, including some titles that might make parents nostalgic: Neil Patrick Harris leads an all-star cast in bringing The Smurfs (August 3) into the real world, and Steven Spielberg brings one of Europe's great animated characters to the big screen with The Adventures Of Tintin: The Secret Of The Unicorn (December 28). And Martin Scorsese breaks new ground with Hugo Cabret (December 9), about a 12-year-old Parisian orphan in the 1930s.

For the grown-ups...

There's plenty to entertain adults as well, as David Fincher follows up The Social Network with an English-language edition of The Girl With the Dragon Tattoo (December 21). Matt Damon and Emily Blunt go on the run in the thriller The Adjustment Bureau (March 4), based on a short story by Phillip K. Dick. And Damon shows up again in Stephen Soderbergh's Contagion (October 21), about a team of doctors dealing with the outbreak of a devastating disease. And for folks looking for a laugh, James Franco and Danny McBride head back to medieval times to rescue a princess in Your Highness (April 8). (Note, all release dates are subject to change.)


▶ The Adjustment Bureau stars Matt Damon and Emily Blunt.


▶ Thor leads the charge of superhero movies in 2011.

Twilight: Eclipse rakes in the Razzie nominations


NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

The annual Razzie Awards, celebrating the worst in film for 2010, were announced yesterday, just ahead of the highly anticipated Academy Award nominations. Eclipse, the third film in the hugely popular Twilight franchise, tied with M. Night Shyamalan's The Last Airbender for the most nominations, with each film up for nine dubious honours, including worst picture. Also up for worst picture is The Bounty Hunter, Sex and the City 2 and the Twilight parody Vampire's Suck.

The Eclipse crew also racked up nominations for all three of its stars, with Kristen Stewart getting a nod for worst actress while Robert Pattinson and Taylor Lautner go head-to-head for worst actor. Stewart's competition includes Jennifer Aniston for The Bounty Hunter, Miley Cyrus for The Last Song, Megan Fox for Jonah Hex and all four stars of Sex and the City 2, who share a single nomination. Jack Black (Gulliver's Travel), Gerard Butler (The Bounty Hunter) and Ashton Kutcher (nominated for both Killers and Valentine's Day) are also up for worst actor.

As is tradition, the Razzies will be handed out in Hollywood the night before the Oscars, this year on Feb. 26.


▶ Robert Pattinson and Kristen Stewart are both up for Razzies.

2 scene

Scene in brief



Oprah Winfrey says she's learned she has a half-sister she never knew about.

Winfrey announced on The Oprah Winfrey Show that aired yesterday that a Milwaukee woman named Patricia discovered that the two were half-sisters.

The woman says she had been searching for years for the identity of the mother who gave her up for adoption in 1963. She says she learned in 2007 that Winfrey was her half-sister. On her program, Winfrey says she learned about Patricia last November.

Winfrey says she was nine years old and living with her father when her mother had the daughter and gave her up for adoption. She says she never even knew her mother was pregnant.

THE ASSOCIATED PRESS



Real upheaval in television talk world with Oprah, Larry and now Regis exiting

GETTY IMAGES



▶ Kevin Smith

Willis loses Kevin Smith as a fan

Director Kevin Smith is no longer a fan of Bruce Willis after making last year's commercial flop, Cop Out, together, he says in an interview with comedian Marc Maron. Smith says he felt particularly let down by Willis' lack of promotion for the film.

"It was difficult. I've never been involved in a situation like that where one component is not in the box at all. It was f—ing soul crushing," he says. "I had no f—ing help from this dude whatsoever."

METRO

No marriage for Clooney

Actor says that his failed first marriage is cause for his decision Current girlfriend surprised by comment

George Clooney announced that he won't be getting married again during an interview with Piers Morgan on CNN.

"I've proven how good I was at it," Clooney said, refering to his previous marriage to Talia Balsam from 1989 to 1993. But it turns out this was news to Clooney's girlfriend, Elisabetta Canalis, according to Popeater.

"Elisabetta had no idea he was going to say that," a source says. "She thought she was going to be the girl who would finally get George to settle down and put a ring on it. She was totally surprised."

METRO

GETTY IMAGES



▶ Clooney deosn't plan to tie the knot again.

It's a boy for Jewel and Ty

Jewel and Ty Murray are expecting their first child, and they just found out it will be a boy, according to People magazine.

"We would have been happy either way, of course, but we are so excited to be having a little boy," the 36-year-old singer says.

Murray added, "I have to admit, I was doing a little dance on our way out of the doctor's office when we found out."

Jewel married Murray, a world champion rodeo cowboy, on Aug. 7, 2008 after being together for 10 years.

METRO

Celebrity tweets



Nicki Minaj [@NICKIMINAJ] Long day of press only to find out we've officially been kicked out the hotel!



Conan O'Brien [@Conan OBrien] I still think the Patriots can win it all this year. Never underestimate Belichick!



Tom Hanks [@tom hanks] In the year 2011 personal jewelry will be replaced by gem-studded tags that say "Hello! My name is...". Life will be simpler!



Rosario Dawson [@rosario-dawson] Def needed more more than 3 1/2 hrs of sleep.

METRO





The Resolution Revolution

You promised yourself 'a New Year and a new you.' We asked celebrity trainer Matt Roberts for the top tips to get you started.

BY ROMINA MCGUINNESS

FLICKR CC JESSICAMULLEN



1

Eat Small Meals at Regular Intervals

Rather than eating three large meals, try to eat five to seven smaller meals and snacks throughout the day. This will help you regulate your hunger and provide a steady flow of energy.

FLICKR CC SWEETONVEG



2

Low Fat Is Not Always The Way to Go

Many foods marketed as being low fat are often full of processed sugars. Fat in itself is vital for a number of metabolic processes. Focus on natural, nutritious foods as well as healthy fats from fish and avocado.

GETTY IMAGES



3

Bodyweight Exercise Can Get Results

Squats, lunges and press ups from the knees are all great exercises for getting in shape. They are a great starting point for the inexperienced exerciser or if you are just getting back into a routine.

FLICKR CC ADACTO



4

Eat More Vegetables

Often people do not eat enough fruit and vegetables. Both provide a good base level of carbs as well as supporting your body with a large amount of vitamins and minerals. Try a wide variety of vegetables and fruits in your diet each day.



5

Try as Many Forms of Exercise as Possible

Training in one way generally will not get the best results. Combining different types of exercise such as Pilates, running and weight training can help maximize your efforts.

FLICKR CC 05COM



6

Match Intentions With Action

How many people start a diet that is finished within four weeks? Refocusing your goals and achieving your ideal physique is something that most people want to do but very rarely put the effort in to achieving.

GETTY IMAGES



7

Drink Water or Green Tea

Fruit juice and fizzy drinks are laden with calories that will promote fat storage. While they will provide you with a short term burst of energy, in the long term they will leave you feeling tired. Keeping hydrated with water.

GETTY IMAGES



8

Don't Just Rely on Doing Cardio

After a period of adaptation the body becomes more efficient at using energy. For the beginner this is what you may consider as improvements in your fitnes. Improvements in cardiovascular efficiency mean that the energy is comparatively reduced.

GETTY IMAGES



9

Target the Process, Not the Result

Set your goals on factors that you can control. People often become fixed on a number such as "lose 10 pounds" or "fit in to a size 8 dress." While it's good to have a long term goal, you need to have short-term, targets as well.

GETTY IMAGES



10

Function Follows Form

We often see new exercisers running inefficiently or performing weight training in bad form. We always emphasise good form in all training — if you can't hold good form then you could be doing yourself more damage. Get advice from a qualified professional.

3 life

Get active



Canada's physical activity guidelines are getting a makeover. The revised guidelines released yesterday by the Canadian Society for Exercise Physiology recommend children and youth aged five to 17 get at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include both vigorous-intensity activities and muscle and bone-strengthening activities at least three days a week.

THE CANADIAN PRESS

Health Canada issues recalls for jogging stollers, kids' pyjamas, snow bikes

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Five at-home moves for a leaner physique Put excuses to the side

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A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.



There's not an excuse in the world that's acceptable for putting your health on the back burner.

Same goes for exercise.

Show me a reason for not being active, and I'll add it to the book of excuses that leave people overweight, out of shape, tired and quite frankly miserable.

To get you on track, here are five exercises you can do everyday — no gym required.

MILITARY SQUATS

This exercise is by far the best for stronger legs and maximum calorie-burning. Standing with your feet hip-width apart, arms out front or by your side, lower your body to a 90-degree bend as if sitting back into a chair.

Inhale as you lower your body, exhale as you squeeze back up to starting position.

Do three sets of 10 reps, adding hand weights as you progress.

PUSH-UPS

If you could only do one more exercise for your entire life, this is the one. It works your chest, back, shoulders, triceps and core.

If you're just starting out, begin with your knees on the floor, graduating to true military version.

For more advanced push-ups, try a variety of angles and leg positions to challenge your muscles. Do three sets of 10 reps.



▶ Plank punches will target your core.

PLANK PUNCHES

Beginners, start with a traditional plank pose and hold for as long as you can. For a more advanced plank, try extending your arms forward (one at a time) and punch ahead. Rotate arms, adding more punches as your strength and endurance increase.

STANDING JOG, JUMPING JACKS, TUCK JUMPS OR STAIRS

Pick one of these exercises to get your heart rate elevated while working your lower body. Challenge yourself to one or two minute drills working as hard as you can, then rest for two minutes and repeat eight times. For condo dwellers, utilize your building's stairs. Walk or jog up as many flights as you can.

LIGHTNING BOLT CRUNCHES

Lying on a mat, arms folded behind your neck, raise your left leg, bending your knee at 90-degree angle. Extend right leg out while keeping it raised a few inches above the floor. Curl up slowly, lifting your neck, keeping focus straight ahead. Repeat on the opposite side.

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WHEN IT COMES TO PROPER BREATHING, THE NOSE KNOWS BEST!

It may seem strange to some to think that the simple act of breathing can have an impact upon your oral health. But the fact is, not only can **improper breathing** impact oral health, it actually **can affect overall health!**

One of the most common forms of improper breathing is **mouth breathing**. Mouth breathing during intense, physical exercise is not an issue. In fact, it is normal for the body to breath simultaneously through the nose and mouth during such exercise in order to maximize oxygen intake.

However, **mouth breathing is not the natural way to breathe**. Rather, it is usually the result of some other health issue, such as an obstruction in the airway. Unfortunately, **it can also cause other health issues to arise.**

From an oral health perspective, mouth breathing leads to **dry mouth**. People who suffer from dry mouth are more like to experience **bad breath and periodontal disease**. They may also have **cracked lips** and even develop **painful sores** inside their mouths.

The reason for this is simple. Saliva helps keep the mouth moist. A moist mouth possesses greater quantities of healthy bacteria that are needed to combat the harmful ones that build up in plaque around your gums. **A lack of saliva resulting in dry mouth can lead to periodontal disease.**



Dr. Martin LaBoissonnierre
Dental Surgeon

Dry lips are a common sign of mouth breathing. However, this condition can also have **more severe physical consequences**. It can impact the physical development of the jaw, leading to over-crowding of the teeth. Teeth that are over-crowded are more difficult to clean. Thus the vicious circle of problematic oral health care can continue.

Treatment for mouth breathing will depend upon its cause and severity. In some people, mouth breathing may be a minor problem. Dry mouth issues can be looked after simply by consuming water before bed and/or rubbing some Vaseline on the gums and lips to help keep the mouth moist.

In other individuals, mouth breathing may be more serious and require some form of intervention. The precise form will depend upon the likely cause of your mouth breathing.

Some people may have **enlarged tonsils** that need to be removed. Others may simply have **a structural defect** that results in their breathing through the mouth. This defect may be a congenital issue or it could be the result of **thumb-sucking** as a child.

If you notice any of the symptoms of dry mouth, you should mention this to your dentist. Remember, it may seem like a minor issue, but the truth is we are **meant to breathe through our noses**. Mouth breathing can cause oral and general health issues that you will want to address.

So do not take your mouth breathing lightly. Proper breathing is a healthy habit…and healthy habits lead to healthy lives.

Dr. Martin LaBoissonnierre
- Dental Surgeon

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After much deliberation, I walked into Caress. I admit that I wasn't hopeful but remained desperate. During the consultation I thought that it sounded very positive, however, I had already been for laser treatments and those had started off in much the same way, promises of permanent hair removal only to have all the hair re-grow. So thousands of dollars later and still very much in need of hair removal I decided to try electrolysis. I would recommend Caress to anyone no matter how desperate they may feel.

Denise

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Turning off the lights

Going Blind documentary turns lens on stories of hope and the independence of those losing vision

Even though Joseph Lovett had glaucoma and had been seeing a noted ophthalmologist for 15 years, he had never gone to a low-vision therapist — indeed, had never even heard the job description before.

He was enlightened by a friend whose father was being helped, and soon after made the visit himself, said Lovett, a New York-based filmmaker whose documentary Going Blind was screened at a recent CNIB event in Toronto.

"The low-vision therapist stood across the room and had me focus on her nose, with one eye, and she said, 'Now what do you see of me?' And I said, 'I see your head, I see your neck, I see your shoulders and I don't see anything else until we get to your thighs and knees.'"

"I was sobbing for a full 60 minutes, could not speak, could not catch a word."
JOSEPH LOVETT

That's when Lovett finally realized the extent of the holes in his vision. His brain had been compensating and filling in the gaps based on memory.

The next day, during a visit to his therapist, he mourned the loss.

"I was sobbing for a full 60 minutes, could not speak, could not catch a word, just sobbing. That's how devastated I was," he recounted in an interview.

His experience is evident in the documentary, as he turns the camera on himself and six other people who are blind or have low vision. Its a mix of personal stories and the science of eye disease, seamlessly blended.

CHRIS YOUNG/THE CANADIAN PRESS



▶ New York-based film maker Joseph Lovett has made the documentary Going Blind which profiles a number of people including himself who have lost their sight or have low vision.

Just as Lovett has been learning coping skills, so too have the subjects of his movie. Viewers are introduced to their worlds, observing as they navigate with their disabilities and explore the daily challenges set before them.
THE CANADIAN PRESS

FLICKR: TOBYOTTER



Eye exams

Regular eye examinations are important for identifying conditions that could eventually rob someone of their sight.

- **Healthy eyes** People tend to assume that if their eyesight is OK, then their eyes are healthy — but that's not necessarily the case, says John Rafferty, president of the CNIB.
- **Why it happens** The reasons people lose their sight have to do with the health of the retina, optic nerves, the viscous fluid and various other factors.



Prostate

Do you know your body like the back of your hand?

- **Cancer risks revealed:** Have a look at the index finger on your right hand. Is it longer than your ring ringer? If it is, you have a lower risk of prostate cancer than your buddies who have a longer ring finger.
- **What researchers found:** Researchers in the U.K. studied the hands of 1,524 men with prostate cancer and 3,044 men without prostate cancer.
- **How it helps with selection:** They found men with a longer ring finger were more likely to develop prostate cancer. Finger length could help in selecting men for screening.

Precise treatment

New technique helping patients deal with the effects of prostate cancer

CELIA MILNE
WELLNESS@METRONEWS.CA

ISTOCK PHOTO



Treatment for prostate cancer will soon be more precise.

Scientists around the world are trying to figure out ways to get rid of the cancer without damaging bladder, bowel and sexual function.

Men usually survive prostate cancer (about 95 per cent are still alive after five years), but many suffer side effects because surgery and radiation can affect surrounding delicate tissue.

The prostate is a walnut-sized gland located just above a man's rectum. It creates fluid that carries sperm during ejaculation.

One new Canadian study is using frequent, high-tech digital imaging to follow changes that can happen day-to-day inside a man's body. These tiny changes can alter very slightly the radiation target.

"We are treating the tissue that surrounds the prostate, which can move and stretch, so our target may be slightly different in position or shape on the next day or the day after that," says Dr. Tim Craig, a medical physicist at Princess Margaret Hospital in Toronto.

The new technique is called adaptive radiation therapy (ART). Craig and colleagues recently won a CASARIA award and funding from the Canadian Radiation Oncology Foundation and sanofi-aventis, which allows them to start enrolling patients later this year.

"Very simple and natural changes in patient anatomy can occasionally complicate treatment," says Craig.

"For example, reduced bladder filling might allow the very sensitive small intestine to slip into the high radiation dose region. Without image-guidance, this would not be known, and the small intestine may receive an unsafe dose.

"With ART, we can see this, and use this information to adapt the treatment to ensure a safe dose."

A typical course of radiation treatment for prostate cancer patients after surgery is 33 treatment days over six and a half weeks.

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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 8 weeks with possible continuation of up to 16 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

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A reminder from your eye health professionals:
Visiting your optometrist regularly is good prevention.
An eye exam will identify vision problems and eye diseases that may affect your daily life.

This little pie shop in Ottawa offers big flavour

SHARI GOODMAN



▶ Chicken Pot Pie and Veggie Corn Chowder at Life of Pie.

Life of Pie, a charming eatery, boasts a variety of pies and pastries

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

A cute little pie shop is charming its way into the hearts of Ottawa foodies.

Life of Pie offers a small lunch menu and a few bar stools along the window.

Behind the counter, all manner of dough and batter is being kneaded and blended for pies, pastries and other treats.

Just after I arrived and ordered my chicken pot (hand) pie, I heard that they'd already sold out of the hand pies and a few disappointed customers walked out dejected.

I understand why they were sad. This hand pie was luscious. The crust was crispy, and the filling let out a burst of steam when I took a bite. Large chunks of moist chicken and pieces of carrot poked out of the pocket. No crumb was left uneaten.

The vegetarian corn chowder was warming and sweet but with a touch of spice for interest.

On my way out, I picked up a frozen chicken pot pie ready to bake after an afternoon of skating on the canal. Life of Pie will be a constant craving.

Life of Pie
1095 Bank St.
613-693-1953
Price range: $
Rating: 4.5 out of 5
Reservations: No

A toast to Robbie Burns



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
ON TWITTER: @THEREALWINEGUY

Even though I studied a bit of poetry in university, I'm ashamed to admit that when it comes to Scottish poets, I can quote more verses written by '80s duo The Proclaimers than good old Robert Burns.

My knowledge of the bard is a bit sketchy. But the one quarter of me that's Scottish is still more than happy to jump on the Robbie Burns Day bandwagon today and raise a glass to him over a meal of haggis and typsy laird (if I can find a place that offers take-out).

Scotland's liquid identity is, of course, scotch whisky: A polarizing brown spirit that I'm betting many of you who have only had a taste equate to drinking paint thinner.

As hefty as its mouthfeel can come across (especially in its single malt version), scotch is really a very sophisticated serving of booze.

If you're looking for a novice-friendly dram, try the Singleton of Glendullan ($41.99 - $48.99). It's a 12-year-old single malt from Dufftown in the region of Speyside. It serves up a floral aroma of honey, banana, orange and soft grain and a mellow, well-round honeyed sweetness that ends in a long mocha finish. Sláinte Robbie.



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▶ Jason & Stephanie

GETTING LOVE, WITH A LITTLE HELP FROM A FRIEND

Names:
Jason, 26 & Stephanie, 25
Current city:
Eastern Passage, N.S.
Together since:
2003

Their story:

It was 2003 and I (Stephanie) just arrived home for the holidays from my first semester at university. My best friend, Jill, called me to come out with her to a party.

She introduced me to some of her new college friends, including a guy named Jason. I was immediately attracted to him, but I was told he had a crush on Jill.

But when she informed me that she was not interested, I made my move and initiated conversation with him.

A week later, we had our first date: Chinese food and a movie. A month later, we were an official couple. Six years later, we bought our first home.

On Christmas morning of 2009, Jason proposed to me.

A year later, in November 2010, we were married!

I am very thankful to my best friend for helping me find my soulmate.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

Are you happier alone?



▶ No photos, please. OK, just one.

... or do you prefer the company of others? Take our quiz to find out how socially adjusted you are — or aren't

TED STRYKER
METRO WORLD NEWS

1. Your current relationship is:
A All-consuming and we are one.
B All-consuming but we have definite boundaries for personal space.
C I'm not in a relationship. Why, are you available, Ted?

2. When you enter a room of crowded people alone, you think:
A OK, who are the hot ones?
B OK, where is the bar?
C OK, I wish my friends were here. I will text one something random.

3. Sex for you is...
A Usually enjoyable but there's always a little anxiety involved.
B Like a game and I am the keymaster. Are you the gatekeeper?
C Something they do on the TV set.

4. "I have found some form of counselling in my life, even if it's just long talks with friends about my fears."
A True.
B False.
C This question has made me cry inside, which I know is silly but I can't stop.

5. My kitchen cabinet has a secret stash of:
A Cookies and ice cream.
B Salty chips and snacks.
C Scotch and weed.

6. The last big, blowout fight I had was with:
A My mother
B My boyfriend/girlfriend/husband/wife.
C A friend of mine.

7. When I'm naked, I feel
A Inadequate, according to the voice inside my head.
B Sexy, if the lighting's right.
C Sorry, what? I was checking myself out.

8. When I'm home alone for extended periods of time, I...
A End up turning on the TV.
B Grab a book and enjoy the quiet.
C Surf the web while the TV's on.

9. "I know the perfect married couple who have it all together."
A True.
B False.
C I think I do, but it can't be true. There's gotta be a dark side there.

How to score

- Look back at your answers and ask yourself what they mean to you.
- Each question, however goofy, was crafted to reveal something true about yourself.
- Deal with whatever issues come up.
- Then call us. Because we're totally free tonight.

10. You're doing this quiz...
A On some mode of public transportation, in between checking out the person across the way.
B On some mode of public transportation, avoiding eye contact with every single one of these freaks.
C On the can. Where you're avoiding someone or something, sitting there just a little too long.







Living on the hedge

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



On Wednesday, Jan. 12, the Canadian dollar hit a two and a half year high of 1.0154 against the greenback. Most experts, including Finance Minister Jim Flaherty, predict that the loonie will stay around par for the foreseeable future, and many expect it to rise further.

A strong loonie means happy days for travellers and shoppers. Statistics Canada reports travel by Canadians to the United States climbed 3.2 per cent in November, while overnight car trips were up by 6.2 per cent, to 1.1 million.

However, if the Canadian dollar continues to climb, investors in the stock market will see the paper value of their U.S. dollar investments slide once converted to Canadian currency. But a bit of good, old-fashioned hedging can go some way to ameliorating the situation.

ISTOCK



▶ Some argue that a stay-at-home investment option lacks diversification. However after the past few years on the stock market, home is looking pretty good.

Money matters

- Loonie low: - 62 cents in 2002
- Loonie high -- $1.09 in 2007

One of the easiest options is to purchase U.S. investments through exchanged traded funds (ETFs), which employ their own hedging strategy to neutralize the currency factor. So, no matter what happens to the dollar, the investment is not affected. The unit price will go up and down with the stock market but currency moves alone won't alter the value.

Another option is to stay home and invest only in Canadian stocks, bonds or mutual funds. The sticks and stones of currency traders won't break any investment bones.

The final option is to plunge in and buy U.S. investments in U.S. dollars, betting that the loonie won't last long at such lofty heights.

Most economists agree that the fair value of the dollar is around .85 cent, so it seems a reasonable assumption that it will eventually fall back to that level.

If you choose the latter, then be prepared for your bottom line to decline if the loonie heads north.

Fun and Frugal



LESLEY SCORGIE
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THE CARD'S A KILLER

Besides owing money to a loan shark, credit card debt is the worst.

Credit cards are a convenient way to pay for things whether you can afford them or not.

The truth is, if you don't carry a balance, and if you charge an item to your card, you've got 30 days to pay it off without paying interest on the purchase. If, however, you can't pay off the balance, your credit card company will charge interest, typically 17 to 22 per cent, on your purchase.

Remarkably, many store credit cards charge even higher interest rates — some in the range of 28 or 29 per cent. If you charge a purchase on your credit card while carrying an existing balance, there is a 21-day grace period before you'll be charged interest.

Because of high credit limits and the temptation to spend, a balance can accumulate quickly. This is difficult to pay off for four reasons: first, high interest rates; second, credit card companies set minimum payments between two and six per cent of the outstanding balance (or $10, whichever is highest), which barely covers the interest charges on the card; third, interest is calculated daily, not monthly; and forth, as you pay off your credit card balance, your minimum payment declines because it's set at a percentage of the balance.

Because some consumers pay only the minimum payment, this extends the time it takes to pay it off. Deal with credit card debt by; having only one card; reducing the credit limit; and paying a little extra each month and in higher frequency.

Owing money on a credit card forces us into a situation where we are continually paying for the past rather than investing in the future!

Love and money

Are you and your partner financially compatible?

"Money is one of the biggest areas of conflict between spouses, and talking about it today is an excellent way to avoid unpleasant surprises tomorrow," said Dennis Tew, chief financial officer of Franklin Templeton Investments Corp.

"Getting on the same page financially helps ensure you are pursuing compatible goals."

Consider the following advice:

• Share financial histories. Discuss your credit histories, including debts.

Are you both spenders or savers, or are you opposites?

How do you set priorities and allocate funds?

NEWS CANADA



▶ The couple that budgets together, stays together.

Do you budget and plan, or spend impulsively?

• Communicate your goals.

Discuss what your future entails.

What type of lifestyle do you expect to have?

Does it include travel, a larger home or other major expenses?

When do you want to retire and are your current RRSP contributions sufficient?

Create a financial plan that takes into account both of your goals.

• Consider your investments.

Choose a financial advisor together.

Get advice on how to align your portfolios with your family goals.

Regularly review what investments you have and ensure you both understand how your money is working for you.

NEWSCANADA



Planning happiness

ISTOCK



▶ Come up with a plan of attack for your finances and you might just improve your emotional well being, too.

Money may not buy happiness, but a sound financial plan can give you a more optimistic outlook on life

Can money buy you happiness? Probably not. But a financial plan just may be the ticket — and you don't have to be rich to have one.

Although happiness means different things to different people, it's hard to deny that those who feel they are closer to living the life they want may be a tad happier. And financial planning seems to be a powerful tool to help people achieve these life goals.

The Financial Planning Standards Council, the not-for-profit organization that awards certified financial planner certification and is committed to seeing Canadians improve their lives by engaging in financial planning, conducted a study that explored Canadians' financial planning activities and their levels of emotional and financial well being.

"Financial planning involves a variety of financial strategies, but is ultimately about meeting your life goals through properly managing your finances during the good and tough times in life," says Cary List, president and CEO of FPSC.

The study showed that the connection between one's level of optimism and peace of mind held true across a wide range of net worth groups. This affirms that there is value in financial planning for everyone, not just wealthy people.

NEWS CANADA

Learn more

Visit fpsc.ca to learn more about how to:

- **Find** a financial planner professional in your area.
- **Learn** more about how financial planning can help you meet your life goals.
- **Review** the 10 Questions to Ask a Planner Guide.

Optimism factor

Those who have comprehensive financial plans report being more optimistic about factors related to their emotional and financial well being.

- **77 per cent of people** with financial plans said they felt their goals are achievable, compared with only 50 per cent who do no planning.
- **62 per cent** with plans said they feel content with how their life is going, compared with 37 per cent with no plans.
- **61 per cent** with plans said they have peace of mind, compared with 36 per cent with no plans.
- **64 per cent** said they are prepared to manage through tough economic times, compared with 33 per cent with no plans.

NEWS CANADA

Finding the right investment advisor

When it comes to money, the best advice is to rely on the experts.

A good investment advisor can make sense of the volatile stock markets and help you meet your long-term goals. But how do you find the right advisor for you?

"Finding an investment advisor that meets your needs requires a little homework," says Pierre McLean, senior vice-president of Franklin Templeton Investments Corp. "Take time to find the right one as it's one of the most important financial relationships you will ever have."

Here we offer five easy ways to help you find the right advisor for you.

Research. Review your investing history, assets, goals and risk tolerance. This research will better prepare you for interviews with prospective advisors.

Referrals. Ask friends, family and colleagues for their insight. How and why did they choose their advisor?

Interviews. Take the time to interview several candidates. Find out about their education, experience, accreditation and business practices.

References. Ask to speak with current clients. Do they understand their portfolio and its performance? Can they reach their advisor easily?

Compensation. A good advisor will be open with you and detail exactly how they are compensated. In general, advisors are paid for advice through commissions, fees or a combination of these methods.

NEWS CANADA

NEWS CANADA



▶ Take the time to hunt down an advisor that fits your needs.

5 BUDGET TIPS

Start with your monthly after-tax income.

- Write down how much money you take home each month (which is what you earn less taxes and deductions). This is the starting point for your budget.

Create a list of what you need to pay for every month.

- Figure how much your necessary expenses (such as food, rent and utilities) cost you each month. Be honest with yourself about what is a necessary expense. For example, you don't need satellite TV, but if you want it, you can prioritize it once you've figured out what you truly can't live without.

Determine how much to save.

- You should also be saving some of that disposable income each month. Many experts suggest putting away 10 per cent of your gross (pre-tax) income. If you are not disciplined enough to set aside money, arrange with your bank for an automatic transfer every month to a savings account or TFSA.

Decide what you want to do with the remaining money.

- "This is the area of your budget where you get to have fun. Think about what items, activities and other expenses you truly enjoy and want to prioritize," says Carrie Russell, senior vice-president of TD Canada Trust.

Track your spending and stick to your budget.

- Once you know how much money you can spend, don't spend more. This is the most important step and can be the most difficult. In particular, watch out for impulse purchases, which tend to be less about needs and more about wants.

NEWS CANADA

PHOTO COURTESY OF OSCOM @ FLICKR



▶ Don't let your finances crash down around you like a house of cards.

Disaster-proof your finances

The recession may be over but many Canadian families are still struggling to regain financial stability. The average household debt reached an all-time high of $96,100 in 2009, according to The Vanier Institute of the Family.

"The economic slowdown in 2008 and 2009 was a wake-up call for many families who realized they were unprepared for financial upheaval," said Liz Lunney, senior vice-president of the Fiduciary Trust Company of Canada. "The good news is that a few simple steps can help families prepare themselves for the unexpected."

Here are four tips to disaster-proof your finances.

- Create a realistic family budget with your partner. Ensure you account for all family activities and include a reasonable amount for entertainment. Review your budget regularly to ensure you stay on track.
- Have a safety net. Prepare for the unexpected and contribute to a "rainy day" account that will cover your budget should you face an unplanned drop in income. A good target is six months income.
- Get your advisor involved in your family finances and meet with them regularly. A trusted professional can help you build the right financial plan. NEWS CANADA

Need a flexible, tax-free savings solution? Try a TFSA.



By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals.

While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

TFSA earnings grow tax-free and account holders can withdraw funds at any time

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

SWITCH and learn how EASY saving can be.

With a **CIBC Tax-Free Savings Account**, maximize your savings and keep more for yourself. To help achieve your financial goals sooner, a CIBC advisor will work with you to choose the right TFSA that works best for you – from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

It's worth a talk.

Speak to a CIBC advisor about the advantages of switching to CIBC. Visit any branch, go to cibc.com/switchsavingmadeeasier or call 1 866 712-0999.

CIBC
For what matters.

"It's worth a talk." and "CIBC For what matters." are trademarks of CIBC.

4 sports

‘They’re stuck with us’: Murray

Players on hot seat with Senators coach and GM safe for rest of season

The jobs of Ottawa Senators general manager Bryan Murray and head coach Cory Clouston are safe until the end of the season, but the same can’t be said for some of the players on the struggling club.

After getting a vote of confidence from owner Eugene Melnyk over the weekend, Murray says the underachieving squad can’t have any doubts about who’s steering the ship for the rest of this disappointing season.

“I’ve said some of (the players) complain about little things that are out of their control, they feel they have an excuse the odd night,” Murray told media yesterday. “They’re stuck with us, like it or not.

“They can listen and conform to the coach, or they can sit on the sidelines.”

Captain Daniel Alfredsson says it’s a plus to have rumours of firings put to bed.

“It’s kind of good to know what to expect and I think the coaching staff probably feels that way, too,” Alfredsson said. “We can just focus on trying to improve and go in the right direction.”

Defenceman Chris Phillips, whose name has surfaced in trade rumours, says the focus remains on the ice, regardless of front-office talk.

“Nothing changes for us. We’re going out on the ice and trying to win games,” he said.

Blowout losses to Philadelphia and Montreal last week leave Ottawa (17-25-7) in 13th place in the Eastern Conference, 27th overall and likely out of the playoffs.

That fuelled speculation with the all-star break coming, that Murray and/or Clouston may be fired. Both men are out of contract at the end of the season.

Murray says how the team performs in its final 33 games will go a long way in determining who sticks around.

“I think it’s the same as always. We’re just going to try to win. I know there’s some people that think otherwise,” he said. “Being competitive down the stretch ... is going to be very important.”

THE CANADIAN PRESS

Last hurrah?

The Senators have several player contracts expiring after this season.

- **The big-money** deals of under-performing forward Alex Kovalev and oft-injured goaltender Pascal Leclaire expire and will free up plenty of cap space.
- **With an aging** and underachieving roster, Melnyk stated the Senators will undergo a rebuild during the off-season.

JOEL AUERBACH/GETTY IMAGES



▶ Senators head coach Cory Clouston behind the bench with Daniel Alfredsson, left, and Jason Spezza.

Senators preview

Sabres at Senators, 7:30 p.m.
TV: Sportsnet
Radio: AM 1200

The sagging Sens (17-25-7), are winless in five. They have just one win in their last 12 and even the Leafs have leapfrogged them in the standings. Ottawa recalled forward Bobby Butler from the AHL to replace the injured Jarkko Ruutu.

The Sabres (22-21-5) are coming off splitting a series with the Islanders, which did not help their playoff cause. Goalie Ryan Miller got the win Sunday after being pulled in the first period Friday. Leading goal-scorer Thomas Vanek has had his minutes reduced because of an upper-body injury.

THE CANADIAN PRESS

Scan code for more sports

Raonic’s run of upsets reaches its end at Open

Canadian Milos Raonic’s surprising run at the Australian Open has come to an end.

The big serving qualifier from Thornhill, Ont., dropped a 4-6, 6-2, 6-3, 6-4 decision to No. 7 seed David Ferrer in fourth-round play yesterday.

The 20-year-old Raonic was aiming to become the first Canadian man to reach the quarter-finals at a major.

“My mind was ready to fight for every point, but the legs weren’t following as much.”
MILOS RAONIC

Raonic missed a chance to become the first male qualifier to make the quarters in Melbourne since Goran Ivanisevic in 1989.

THE CANADIAN PRESS

MARK DADSWELL/GETTY IMAGES



▶ Milos Raonic

Sports in brief



No all-star game for Sid

NHL. Sidney Crosby won’t attend the NHL all-star game this weekend because he’s still recovering from a concussion.

The Pittsburgh Penguins made the announcement yesterday in a statement on the team’s website.

THE CANADIAN PRESS

Bengals won’t trade Palmer

NFL. Bengals owner Mike Brown says he won’t trade quarterback Carson Palmer.

Brown said yesterday that Palmer met with him a little more than a week ago and asked to be traded.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	49	32	12	2	3	169	128	69	15-7-0-2	17-5-2-1	8-2-0-0	W1
d-Tampa Bay	50	30	15	3	2	152	154	65	15-4-1-1	15-11-2-1	6-4-0-0	W4
d-Boston	48	27	14	2	5	150	109	61	12-9-1-2	15-5-1-3	6-3-1-0	W1
Pittsburgh	49	30	15	2	2	153	114	64	16-9-1-0	14-6-1-2	5-4-0-1	W1
Washington	49	27	14	5	3	139	126	62	16-5-2-3	11-9-3-0	5-2-3-0	W2
Montreal	49	27	17	4	1	128	118	59	16-6-3-1	11-11-1-0	6-1-2-1	L1
NY Rangers	50	28	19	2	1	143	121	59	12-10-1-1	16-9-1-0	6-4-0-0	W1
Atlanta	51	23	19	3	6	151	166	55	11-9-1-4	12-10-2-2	3-4-1-2	L3
Carolina	49	24	19	2	4	149	153	54	13-8-1-1	11-11-1-3	6-4-0-0	W1
Buffalo	48	22	21	5	0	134	142	49	11-12-1-0	11-9-4-0	6-3-1-0	W1
Florida	47	21	21	2	3	126	126	47	11-8-2-3	10-13-0-0	3-4-1-2	L4
Toronto	48	19	24	2	3	124	151	43	10-11-2-2	9-13-0-1	5-4-0-1	L2
Ottawa	49	17	25	4	3	106	157	41	9-14-1-2	8-11-3-1	1-7-0-2	L5
NY Islanders	47	15	25	3	4	117	157	37	8-11-1-3	7-14-2-1	3-6-0-1	L1
New Jersey	48	16	29	2	1	100	143	35	9-13-1-1	7-16-0-1	6-3-1-0	W4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	48	29	10	4	5	156	119	67	15-3-1-4	14-7-3-1	4-2-1-3	L4
d-Detroit	48	29	13	4	2	163	142	64	14-6-3-1	15-7-1-1	5-4-0-1	L1
d-Dallas	48	29	14	1	4	143	129	63	15-6-1-3	14-8-0-1	7-2-0-1	L1
Nashville	48	27	15	4	2	132	114	60	11-4-3-2	16-11-1-0	8-2-0-0	W3
Anaheim	51	27	20	2	2	137	144	58	17-7-0-1	10-13-2-1	7-3-0-0	W1
Phoenix	49	24	16	6	3	141	139	57	10-8-3-2	14-8-3-1	6-3-0-1	L1
Chicago	49	26	19	2	2	155	135	56	16-12-0-0	10-7-2-2	6-3-0-1	L1
San Jose	49	25	19	4	1	137	135	55	12-10-2-1	13-9-2-0	4-6-0-0	W4
Colorado	48	24	18	6	0	155	157	54	13-10-3-0	11-8-3-0	4-5-1-0	L2
Minnesota	48	24	19	1	4	126	132	53	11-11-0-2	13-8-1-2	6-4-0-0	L1
St. Louis	47	22	18	3	4	126	138	51	15-8-1-2	7-10-2-2	2-6-1-1	L2
Los Angeles	48	25	22	1	0	138	122	51	15-9-1-0	10-13-0-0	3-7-0-0	W1
Columbus	48	23	20	3	2	128	149	51	12-10-0-1	11-10-3-1	3-5-1-1	W2
Calgary	49	22	21	2	4	137	150	50	12-9-0-1	10-12-2-2	4-3-1-2	W2
Edmonton	47	14	25	1	7	117	162	36	7-13-1-3	7-12-1-3	2-7-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Rangers at Washington
Carolina 6 Toronto 4
Nashville at Calgary
St. Louis at Colorado
Dallas at Vancouver
Boston at Los Angeles
Sunday's results
Nashville 3 Edmonton 2 (SO)
Buffalo 5 N.Y. Islanders 3
New Jersey 5 Florida 2
Philadelphia 4 Chicago 1
Tampa Bay 7 Atlanta 1
Tonight's games
All times Eastern
Florida at N.Y. Rangers, 7 p.m.
Montreal at Philadelphia, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Anaheim at Columbus, 7 p.m.
Buffalo at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Minnesota at Chicago, 8:30 p.m.
Edmonton at Phoenix, 9 p.m.

HURRICANES 6, MAPLE LEAFS 4

First Period
1. Carolina, Corvo 7 (Pitkanen, Ruutu) 12:16 (pp)
2. Toronto, Kaberle 2 (Kessel, Crabb) 19:51
Penalties — Kaberle Tor (tripping) 5:39, Gunnarsson Tor (high-sticking) 11:21, MacArthur Tor, LaRose Car (fighting) 12:19, Gleason Car (roughing) 16:51, Grabovski Tor, Kulemin Tor (roughing), Pitkanen Car (holding), Gleason Car (fighting, game misconduct) 20:00.
Second Period
3. Carolina, McBain 3 (Jokinen) 11:16
Penalties — Kaberle Tor (hooking) 2:58, White Car (hooking) 5:22, Skinner Car (holding) 15:25, Cole Car (interference) 16:00, Armstrong Tor (hooking) 19:16.
Third Period
4. Carolina, Bra.Sutter 9 (White, Boychuk) 1:49
5. Toronto, Brent 5 (Schenn, Beauchemin) 3:18
6. Toronto, Brent 6 (Phaneuf, Brown) 4:29 (sh)
7. Carolina, Bra.Sutter 10 (Jokinen) 8:55
8. Carolina, Skinner 18 (Corvo, E.Staal) 11:02 (pp)
9. Toronto, Brown 2 (Brent, Gunnarsson) 14:15 (pp)
10. Carolina, Cole 13, 19:13 (en)
Penalties — Crabb Tor (hooking) 3:42, Sjostrom Tor (goaltender interference) 9:53, Harrison Car (slashing) 12:21, Sjostrom Tor (holding) 14:41, Beauchemin Tor (tripping) 16:26.
Shots

Toronto	6	14	10	—30
Carolina	5	15	8	—28

Goal — Toronto: Giguere (L,9-9-3); Carolina: Ward (W,21-15-5). **Power plays (goals-chances)** — Toronto: 1-7; Carolina: 2-7. **Referees** — Gord Dwyer, Dan O'Rourke. **Linesmen** — Bryan Pancich, Anthony Sericolo. **Att.** — 16,201 (18,680) at Raleigh.

LATE SUNDAY

PREDATORS 3, OILERS 2 (SO)

First Period
1. Nashville, Sulzer 1 (Kostitsyn, Franson) 11:53
Penalties — Vandermeer Edm (interference) 0:51, Sulzer Nash (holding) 9:46, Stortini Edm (charging) 13:17, Belak Nash (roughing) 17:33.
Second Period — No Scoring.
Penalties — Peckham Edm (holding) 3:37, Belak Nash (hooking) 9:51.
Third Period
2. Edmonton, Cogliano 7 (Reddox, Peckham) 2:03
3. Nashville, Ward 6 (Sulzer, Franson) 14:05 (pp)
4. Edmonton, Hall 15 (Penner, Vandermeer) 16:13
Penalties — Smid Edm (holding) 12:10, Peckham Edm (hooking) 19:14.
Overtime — No Scoring.
Penalty — Suter Nash (tripping) 1:21.
Shootout — Nashville wins 1-0
Nashville (1) — Goc, miss; Franson, goal.
Edmonton (0) — Omark, miss; Gagner, miss; Hall, miss.
Shots

Nashville	5	7	14	2—28
Edmonton	5	9	6	4—24

Goal — Nashville: Rinne (W,17-11-4); Edmonton: Dubnyk (SOL,4-4-6). **Power plays (goals-chances)** — Nashville: 1-5; Edmonton: 0-4. **Referees** — Rob Martell, Brad Watson. **Linesmen** — Andy McElman, Don Henderson. **Att.** — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Stamkos, TB	38	29	67
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	34	61
St. Louis, TB	20	40	60
H.Sedin, Vcr	10	48	58
B.Richards, Dal	19	37	56
Zetterberg, Det	16	36	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
Eriksson, Dal	17	32	49
E.Staal, Car	23	25	48
Kopitar, LA	16	32	48
Giroux, Pha	18	28	46
Backstrom, Wash	12	34	46
Kesler, Vcr	26	19	45
Sharp, Chi	25	20	45
Iginla, Cal	20	25	45
M.Richards, Pha	17	28	45
Duchene, Col	19	25	44
J.Thornton, SJ	13	31	44
Ribeiro, Dal	10	34	44
Briere, Pha	25	18	43
J.Carter, Pha	22	21	43
Selanne, Ana	14	29	43
Heatley, SJ	18	25	43
Havlat, Minn	13	30	43
Nash, Clb	22	20	42
Lidstrom, Det	11	31	42
Enstrom, Atl	8	34	42
P.Stastny, Col	17	24	41
Byfuglien, Atl	16	25	41
Hejduk, Col	15	26	41

Not including last night's games

NFL

CONFERENCE CHAMPIONSHIPS

Yesterday's results
NFC
Green Bay 21 Chicago 14
AFC
Pittsburgh 24 N.Y. Jets 19

PRO BOWL

Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL XLV

Sunday, Feb. 6
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Tuesday's results
WOMEN
Singles — Quarter-finals
Li Na (9), China, def. Andrea Petkovic (30), Germany, 6-2, 6-4.
MEN
Doubles — Quarter-finals
Eric Butorac, United States, and Jean-Julien Rojer, Netherlands Antilles, def. Lukasz Kubot, Poland, and Oliver Marach (4), Austria, 6-3, 6-4.
Monday's results
MEN
Singles — Fourth Round
Rafael Nadal (1), Spain, def. Marin Cilic (15), Croatia, 6-2, 6-4, 6-3.
Alexandr Dolgopolov, Ukraine, def. Robin Soderling (4), Sweden, 1-6, 6-3, 6-1, 4-6, 6-2.
Andy Murray (5), Britain, def. Jurgen Melzer (11), Austria, 6-3, 6-1, 6-1
David Ferrer (7), Spain, def. **Milos Raonic, Thornhill, Ont.**, 4-6, 6-2, 6-3, 6-4.
Doubles — Third Round
Mahesh Bhupathi and Leander Paes (3), India, def. Marcel Granollers and Tommy Robredo (13), Spain, 6-4, 4-6, 6-4.
Mariusz Fyrstenberg and Marcin Matkowski (5), Poland, def. Colin Ebelthite and Adam Feeney, Australia, 6-1, 4-6, 6-4.
Michael Llodra, France, and Nenad Zimonjic (8), Serbia, def. Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (10), Pakistan, 3-6, 7-6 (6), 7-6 (3).
Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, def. David Marrero and Ruben Ramirez Hidalgo, Spain, 6-3, 6-4.
WOMEN
Singles — Fourth Round
Vera Zvonareva (2), Russia, def. Iveta Benesova, Czech Republic, 6-4, 6-1.
Kim Clijsters (3), Belgium, def. Ekaterina Makarova, Russia, 7-6 (3), 6-2.
Agnieszka Radwanska (12), Poland, def. Peng Shuai, China, 7-5, 3-6, 7-5.
Petra Kvitova (25), Czech Republic, def. Flavia Pennetta (22), Italy, 3-6, 6-3, 6-3.
Doubles — Third Round
Liezel Huber, U.S., and Nadia Petrova (3), Russia, def. Alexandra Dulgheru, Romania, and Magdalena Rybarikova, Slovakia, 6-3, 6-2.
Cara Black, Zimbabwe, and Anastasia Rodionova (5), Australia, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-4, 6-2.
Victoria Azarenka, Belarus, and Maria Kirilenko (12), Russia, def. Chan Yung-jan, Taiwan, and Agnieszka Radwanska (8), Poland, 6-2, 6-1.
Chuang Chia-jung and Hsieh Su-wei, Taiwan, def. Anna-Lena Groenefeld, Germany, and Patty Schnyder, Switzerland, 6-4, 6-2.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE
DETROIT TIGERS—Traded RHP Armando Galarraga to Arizona for RHP Kevin Eichhorn and LHP Ryan Robowski.

NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Agreed to terms with RHP Micah Owings on a minor league contract.
COLORADO ROCKIES—Agreed to terms with RHP Jason Hammel on a two-year contract.
MILWAUKEE BREWERS—Agreed to terms with RHP Kameron Loe on a one-year contract.
WASHINGTON NATIONALS—Agreed to terms with RHP Todd Coffey on a one-year contract.
Designated RHP Shairon Martis for assignment.

BASKETBALL

WNBA
ATLANTA DREAM—Signed coach and general manager Marynell Meadors to a contract extension through 2013.

FOOTBALL

NFL
MINNESOTA VIKINGS—Named James Saxon running backs coach.

CFL
B.C. LIONS—Signed RB Jamal Robertson has signed a contract extension through the 2012 season.

HOCKEY

NHL
NHLPA—Named Colin A. Campbell director of corporate sponsorships. Retained Richard Rodier as a lawyer and economic consultant. Named Robert DeGregory and Maria Dennis associate counsel.
CAROLINA HURRICANES—Recalled F Zach Boychuk from Charlotte (AHL).
NEW JERSEY DEVILS—Assigned LW Alexander Vasyunov to Albany (AHL).
OTTAWA SENATORS—Recalled F Bobby Butler from Binghamton (AHL).
SAN JOSE SHARKS—Assigned LW John McCarthy to Worcester (AHL).

AHL
HARTFORD WHALE—Recalled F Tyler Donati from Elmira (ECHL).

SOCCER

MLS
RED BULL NEW YORK—Signed MF Jan Gunnar Solli.

WPS
SKY BLUE FC—Signed G Kristin Arnold.

GOLF

PGA TOUR FEDEXCUP LEADERS

(all figures in U.S. dollars)

Rank, Name	Points	Money
1. Jonathan Byrd	534	$1,146,606
2. Jhonattan Vegas	509	$911,880
3. Mark Wilson	508	$1,000,700
4. Bill Haas	330	$622,000
5. Robert Garrigus	300	$635,000
6. Tim Clark	299	$571,000
7. Matt Kuchar	283	$561,125
8. Steve Marino	250	$494,350
9. Gary Woodland	245	$440,000
10. Ryan Palmer	210	$360,200
11. Steve Stricker	195	$429,500
12. Graeme McDowell	190	$412,000
13. Matt Bettencourt	183	$301,500
14. Brian Gay	160	$284,286
15. Kevin Na	153	$247,357
16. Jimmy Walker	135	$264,000
17. Jerry Kelly	127	$223,556
18. Jason Day	123	$219,357
19. Carl Pettersson	123	$286,500
20. Chris Kirk	122	$185,550
21. Justin Rose	116	$226,286
22. Bill Lunde	115	$212,556
23. Anthony Kim	107	$169,786
24. Daniel Summerhays	101	$146,606
25. Arjun Atwal	100	$166,925
26. Boo Weekley	97	$121,256
27. Stuart Appleby	96	$151,286
28. Cameron Beckman	96	$124,357
29. Ian Poulter	95	$201,500
30. Derek Lamely	93	$135,556
Also		
83. Stephen Ames	**34**	**$24,778**
106. Matt McQuillan	**17**	**$12,705**
124. David Hearn	**1**	**$10,395**
132. Scott McCarron	**1**	**$9,900**

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Man United	22	12	10	0	48	19	48
Arsenal	23	14	4	5	48	22	46
Man City	24	13	6	5	37	20	45
Chelsea	23	12	5	6	42	19	41
Tottenham	23	10	8	5	32	26	38
Sunderland	24	8	10	6	28	24	37
Blackburn	24	9	4	11	31	37	31
Newcastle	23	8	6	9	36	33	30
Stoke	23	9	3	11	28	28	30
Bolton	24	7	9	8	34	35	30
Liverpool	23	8	5	10	30	31	29
Blackpool	22	8	4	10	32	38	28
Everton	23	5	12	6	27	29	27
Fulham	23	5	11	7	25	25	26
West Brom	23	7	4	12	29	43	25
Aston Villa	23	6	7	10	25	39	25
Birmingham	22	4	11	7	21	31	23
Wigan	23	4	10	9	19	37	22
Wolverhampton	23	6	3	14	24	41	21
West Ham	24	4	9	11	24	43	21

Yesterday's result
Bolton 0 Chelsea 4

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Barcelona	20	18	1	1	64	11	55
Real Madrid	20	16	3	1	48	17	51
Villarreal	20	13	3	4	40	21	42
Valencia	20	12	4	4	33	23	40
Espanyol	20	12	1	7	28	26	37
Athletic Bilbao	20	10	2	8	32	31	32
Atletico Madrid	20	9	3	8	31	24	30
Sevilla	20	9	2	9	30	32	29
Mallorca	20	8	3	9	23	25	27
Getafe	20	8	3	9	29	32	27
Real Sociedad	20	8	1	11	30	33	25
Hercules	20	6	4	10	22	31	22
Deportivo La Coruna	20	5	6	9	15	27	21
Racing Santander	20	5	5	10	14	29	20
Sporting Gijon	20	4	7	9	18	27	19
Zaragoza	20	4	7	9	18	32	19
Osasuna	20	4	6	10	19	28	18
Almeria	20	3	8	9	20	34	17
Malaga	20	5	2	13	27	45	17
Levante	20	4	3	13	20	34	15

Yesterday's result
Athletic Bilbao 3 Hercules 0

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	33	10	.767	—
d-Miami	31	13	.705	2½
d-Chicago	30	14	.682	3½
Atlanta	29	16	.644	5
Orlando	29	16	.644	5
New York	23	21	.523	10½
Philadelphia	19	25	.432	14½
Charlotte	17	25	.405	15½
Indiana	16	25	.390	16
Milwaukee	16	25	.390	16
Detroit	17	28	.378	17
Washington	13	30	.302	20
New Jersey	13	32	.289	21
Toronto	13	32	.289	21
Cleveland	8	36	.182	25½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	37	7	.841	—
d-L.A. Lakers	32	13	.711	5½
Dallas	28	15	.651	8½
d-Oklahoma City	28	15	.651	8½
New Orleans	29	16	.644	8½
Utah	27	17	.614	10
Denver	25	18	.581	11½
Portland	25	20	.556	12½
Memphis	22	23	.489	15½
Phoenix	20	23	.465	16½
Houston	20	25	.444	17½
Golden State	19	24	.442	17½
L.A. Clippers	17	26	.395	19½
Minnesota	10	33	.233	26½
Sacramento	9	32	.220	26½

d — division leader
Last night's results
New Jersey 103 Cleveland 101
Detroit 103 Orlando 96
Philadelphia 105 Phoenix 95
Memphis 100 Toronto 98
New York 115 Washington 106
Milwaukee at Chicago
Houston at Minnesota
Oklahoma City at New Orleans
Sacramento at Portland
San Antonio at Golden State
Sunday's result
Denver 121 Indiana 107
Tonight's games
All times Eastern
Denver at Washington, 7 p.m.
Cleveland at Boston, 7:30 p.m.
L.A. Clippers at Dallas, 8:30 p.m.
Charlotte at Sacramento, 10 p.m.
Utah at L.A. Lakers, 10:30 p.m.

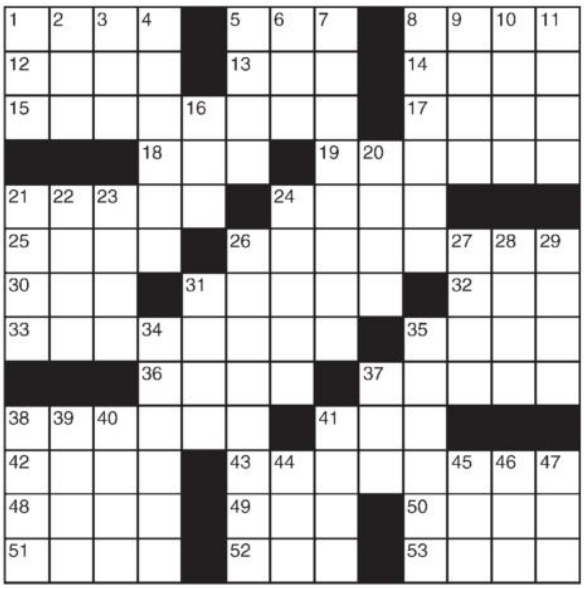
SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	39	365	305	1102	28.3
Stoudemire, NYK	43	417	275	1117	26.0
James, MIA	42	372	285	1087	25.9
Ellis, GOL	43	417	202	1108	25.8
Wade, MIA	41	357	279	1030	25.1
Bryant, LAL	45	396	273	1123	25.0
Rose, CHI	43	390	212	1061	24.7
Gordon, LAC	41	333	242	988	24.1
Anthony, DEN	36	303	227	857	23.8
Nowitzki, DAL	34	290	181	795	23.4
Martin, HOU	43	290	329	1002	23.3
Griffin, LAC	43	372	230	980	22.8
Westbrook, OKC	43	328	307	974	22.7
Howard, ORL	42	321	287	929	22.1
Williams, UTA	44	301	270	953	21.7
Bargnani, TOR	38	309	147	813	21.4
Aldridge, POR	45	382	195	962	21.4
Love, MIN	43	308	243	918	21.3
Granger, IND	40	294	175	848	21.2
Beasley, MIN	39	323	123	805	20.6
Gay, MEM	42	328	156	862	20.5
Randolph, MEM	40	325	152	805	20.1
Scola, HOU	45	354	150	858	19.1
Lopez, NJN	44	303	230	836	19.0
Pierce, BOS	43	283	185	815	19.0
West, NOR	44	334	163	833	18.9
Bosh, MIA	42	296	186	783	18.6
Gasol, LAL	45	320	196	836	18.6
Ginobili, SAN	44	249	222	816	18.5
Jackson, CHA	40	253	133	714	17.9
Deng, CHI	44	287	137	775	17.6
Evans, SAC	36	245	116	634	17.6
Felton, NYK	43	273	133	754	17.5
Parker, SAN	44	311	131	764	17.4
J. Richardson, ORL	43	281	78	744	17.3
Allen, BOS	43	272	106	743	17.3

Not including last night's games



Crossword



Across

1 Ballyhoo
5 Astronaut Grissom
8 On the rocks
12 Wander
13 Suitable
14 Protuberance
15 Something unexpected
17 Forum wear
18 Charged bit
19 "Pop Goes the —"
21 Whiskers
24 Relative standing
25 Capri or Wight
26 Land boundary finder
30 Sheep's call
31 Impaired by age and dampness
32 Past
33 Smith and Jones, e.g.
35 Worry
36 Census statistics
37 Arouses boredom
38 Incite to action
41 Tavern
42 Hawaiian island
43 Encircle
48 Despot
49 Before
50 Become unraveled
51 Jekyll's bad side
52 Potent stick
53 Monetary penalty

Down

1 120 min. = 2 —
2 Thee
3 Standard
4 Ottoman, for one
5 Profit
6 Boom times
7 Managers
8 Amount consumed
9 Dove's calls
10 Advantage
11 Transaction
16 Scepter
20 A deadly sin
21 Drool catchers
22 Birthright barterer
23 Winglike
24 Regulations
26 English county
27 Three feet
28 Curved molding
29 Deteriorates
31 Creche trio
34 Character
35 Way out there
37 It holds the mayo
38 This and that
39 Simple
40 Roe provider
41 Author Harte
44 Coffee vessel
45 Mentalist Geller
46 A Bobbsey twin
47 Hair coloring

▶ Yesterday's answer



Sudoku

		3	1		5			
	5					7	9	
2	8				6	4		
5		8	7				4	
				3				
	6				2	1		7
		7	6				8	5
	2	6					7	
			9		7	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	1	5	3	7	2	8	4	6
7	2	4	6	8	5	3	1	9
3	8	6	1	4	9	5	2	7
4	3	2	7	1	8	9	6	5
8	7	1	5	9	6	4	3	2
6	5	9	2	3	4	1	7	8
1	6	3	9	5	7	2	8	4
5	4	7	8	2	1	6	9	3
2	9	8	4	6	3	7	5	1

Send a KISS

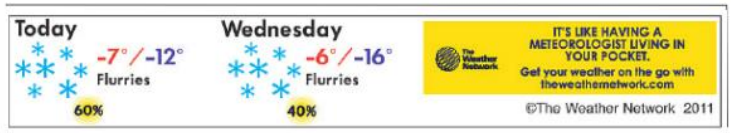
Show some love! Send a note to somebody special at kiss@metronews.ca

Tom, We get some time away together soon. I can't wait for it to be just you and me and no work and all play. Love you Babe **RUTH**

Babe,
Since the day I met you, I have finally felt complete in my life. I love you more than words can say. Thankyou for everything. XOXOXOXOXO **GREG**

Andy, We've been through a lot in 2010...and its made me stronger. I'm falling in love with you all over again. Can't wait to for the move!! **LOVE, OMIE :P**

Lois Lane aka my freaky yellow chick...Lovin the lovin, totes brill time in the hood. You alone caused Superman to forget about saving the world, put down his tights and retire to the beauty rest.
HOLLA...SUPERMAN



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You must have faith in yourself today. Otherwise, you are unlikely to make any headway in your attempts to be accepted into a social group you have admired from afar for so long.

♉ Taurus April 21-May 21 Find some quiet place to sit and listen to what your inner voice has to tell you. What you hear might just transform your existence. Your higher self knows what you need.

♊ Gemini May 22-June 21 Your imaginative powers are at a high at the moment. No matter how outrageous the thoughts that come into your head are, you must take them seriously. Among them is the key to your future prosperity.

♋ Cancer June 22-July 22 If you think of yourself as separate from other people then, inevitably, that is the reality you will create. You need to remind yourself that you are never truly alone.

♌ Leo July 23-Aug.23 You may receive news of an unwelcome nature today. There will also be a silver lining, so look on the bright side and find ways you can work this development in your favor.

♍ Virgo Aug. 24- Sept. 22 Where your work is concerned, today, it will pay you to do less but to a higher standard. Sometimes you get so caught up in what you are doing that quantity seems more important than quality.

♎ Libra Sept. 23-Oct. 23 You could be drifting a bit off course simply because you are moving so fast. Today, check that you are still moving in the right direction and, if not, make changes.

♏ Scorpio Oct. 24-Nov. 22 If there are still any doubts or negative images lurking in the back of your mind, you must cast them out. Don't give them the chance to do harm. A positive attitude is every bit as important as positive aims.

♐ Sagittarius Nov. 23-Dec. 21 If some kind of invisible force stops you in your tracks, you must take it as a sign that you are to proceed no further in that direction. Be smart and take the hint.

♑ Capricorn Dec. 22-Jan. 20 Keep the pressure on those who want to deny you what is rightfully yours. If you give any sign that you are weakening in your resolve, they will redouble their efforts to refuse you.

♒ Aquarius Jan. 21-Feb. 18 Be honest with yourself about what it is you desire and what it is you are prepared to do to possess it. Sacrifices will have to be made, and only you can decide if it is worth it.

♓ Pisces Feb. 19-March 20 It may seem as if you are having to struggle more than other people, but there is no point getting worked up about it. Life is always fair – it's just that we can't always see it.
SALLY BROMPTON

Caption contest

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS



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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Allegro Varadero ❀❀❀
All-Inclusive • Superior rm. • Feb. 5
$629
+Taxes & other fees: $154
Departure tax: 25 CUC cash, paid locally

CUBA | Santa Clara
Royal Hideaway Ensenachos ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Royal spa premium rm. • Feb. 6
$1089
+Taxes & other fees: $154
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC | Punta Cana
Occidental Grand Punta Cana ❀❀❀❀
All-Inclusive • Junior suite • Feb. 5
$899
+Taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana
Barceló Dominican Beach ❀❀❀
All-Inclusive • Standard rm. • Feb. 5
$999
+Taxes & other fees: $170

MEXICO | Cancun/Riviera Maya
Grand Sirenis Riviera Maya Resort & Spa ❀❀❀❀❀
All-Inclusive • Junior suite • Apr. 2
$1089
+Taxes & other fees: $245

MEXICO | Cancun/Riviera Maya
Barceló Maya Beach ❀❀❀❀
All-Inclusive • Superior rm. • Apr. 2
$1199
+Taxes & other fees: $245

MEXICO | Los Cabos via Toronto
Royal Solaris Los Cabos Resort All Inclusive & Spa ❀❀❀❀
All-Inclusive • Deluxe rm. • Mar. 5
$1159
+Taxes & other fees: $265

TURKS & CAICOS
Comfort Suites ❀❀❀
Continental breakfast • Studio suite • Feb. 7 & 14
$949
+Taxes & other fees: $133

TURKS & CAICOS
Royal West Indies Resort ❀❀❀❀
Studio botanical view • Feb. 7 & 14
$1499
+Taxes & other fees: $133

JAMAICA
Gran Bahia Principe Jamaica ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Junior suite • Feb. 5 & 12
$1049
+Taxes & other fees: $93

JAMAICA
Sunset Jamaica Grande Resort & Spa ❀❀❀❀ PRIVILEGES
All-Inclusive • Traditional standard rm. • Feb. 5 & 12
$1199
+Taxes & other fees: $93

ARUBA via Toronto
Renaissance Aruba Resort & Casino ❀❀❀❀
Resort rm. • Feb. 6
$1429
+Taxes & other fees: $181

ANTIGUA via Toronto
Jolly Beach Resort & Spa ❀❀❀
All-Inclusive • Standard rm. • Feb. 27 & Mar. 6
$1679
+Taxes & other fees: $202

MEXICO | Puerto Vallarta/Riviera Nayarit via Toronto
Golden Crown Paradise ❀❀❀❀
All-Inclusive • Oceanview rm. • Mar. 5 - 19
$1399
+Taxes & other fees: $151
Please add $85 for Sat. & Sun. departures

BAHIA PRINCIPE HOTELS & RESORTS

MEXICO | Cancun/Riviera Maya via Toronto
Gran Bahia Principe Tulum ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • Mar. 24
$949
+Taxes & other fees: $245

DOMINICAN REPUBLIC | Punta Cana
Gran Bahia Principe Punta Cana ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Junior suite • Feb. 5
$1269
+Taxes & other fees: $170



USA

MASSACHUSETTS | Boston
Royal Sonesta Hotel Boston ❀❀❀❀
Double Cambridge view rm. • Feb. 3, 10, 24 • 3 nts.
$419
+Taxes & other fees: $112

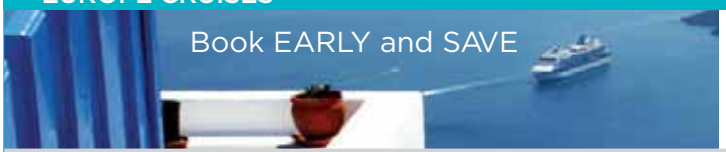
FLORIDA | Orlando via Toronto or Montreal
Clarion Resort & Waterpark ❀❀❀
Double guest rm. • Feb. 8 & 9 • 1 wk.
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+Taxes & other fees: $123

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$699
+Taxes & other fees: $436

ITALY | Rome via Toronto
Mercure Corso Trieste ❀❀❀
Breakfast • Standard rm. • Apr. 5 • 1 wk.
$1189
+Taxes & other fees: $381

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